

DON'T RUSH YOUR **BREAKFAST** NO NEED TO EAT FIRST THING (page 13)



MILEY STAR TO SPEND B-DAY WITH FOLKS

DISH (page 12)



Tuesday, November 9, 2010 www.metronews.ca



News worth sharing

Up to 1,000 marked for stay

• Feds consider keeping soldiers in Afghanistan well beyond official pullout date U.S., U.K. and NATO behind secret appeal to Canada

The U.S., Britain and NATO headquarters spearheaded a stealth diplomatic charm offensive to keep Canadian soldiers in Afghanistan until 2014, mindful that too much pressure could "blow up" their efforts, The Canadian Press has learned.

Sources said the government is considering sending 600 to 1,000 soldiers to Kabul until 2014 to bolster NATO training

"The devil is in the detail. How many troops, for how long, in what role, with what allies, with what mission?"

LIBERAL LEADER MICHAEL IGNATIEFF

efforts. Yesterday, the commander of NA-TO's training mission in Afghanistan said the alliance faces a shortfall of 900 trainers and, if they don't find enough from member countries, the eventual withdrawal of international troops could be stalled. Those numbers mean Canada has the potential to play a good-guy role in saving NATO's foundering training pro-- the same narrative allied countries have used to persuade Harper to change his mind. THE CANADIAN PRESS

Olympians. Inspiration

Championship cheer for children of Miracle Network

This year's Children's Miracle Network Champions, 12 children battling serious medical challenges, visited Ottawa yesterday and met Olympic and Paralympic medallists Heather Moyse and Brian McKeever, Erin Dumville, 9. said she particularly bonded with Moyes, who's a fellow Maritimer. "We just realized that (Heather's) from Prince Edward Island, and I'm actually from New Brunswick, so that's kinda cool," she said.

Learning Curve

Michaëlle's just swell at uOttawa

• Former governor general moves in as UNESCO rep helping to restore her native Haiti • How not to lose your cool during mid-term season {pages 21-23}

Thev really are analyzing this

Mobsters breaking 'omerta' code by turning to therapy {page 14}



Award winner lauded for second chances

John Howard Society boss helps gets ex-criminals back on the right track (page 3)

Plamegate goes to Hollywood

Watts, Penn star in feature about outed CIA agent {page 10}

Backing Israel, no matter what

PM vows forceful stand against anti-Israeli rhetoric (page 5)

3 brunched









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Award winner deals in second chances

◆ Lifetime achievement prize recipient's career in corrections started with job in university

Don Wadel has helped turn lives around for 36 vears.

As executive director of the John Howard Society of Ottawa, and before that, as a corrections officer. Wadel sees people "who have done terrible things, he said yesterday. "And they're really struggling."
They come to the John

Howard Society. And in almost every case, they change, he said.

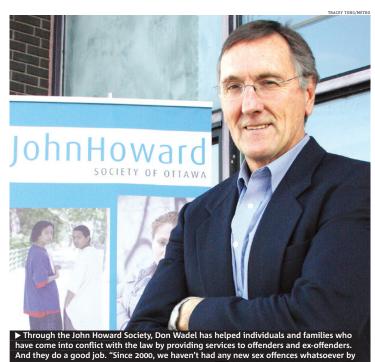
"They develop skills, and they're successful. The really rewarding thing is seeing people come in here who start out angry and on drugs and alcohol and they start to work on things, maybe get some training, get some education and employment and you see them years later, and they're working and have families. It's really rewarding."

"Police have been terrific with us, the **Royal Ottawa** Hospital, probation, parole, the staff, of course ... In this community, everyone works well together. All of these elements come into play."

DON WADEL, EXECUTIVE DIRECTOR, JOHN HOWARD SOCIETY

Wadel received the 2010 Community Safety Life-time Achievement Award last night, but was quick to share the credit with his colleagues.

"It's the organization that's the key here," said Wadel, who has worked with the society for 26 Vears. TRACEY TONG



Medallists meet little champs

Canadian Paralympic and Olympic gold medallists Brian McKeever and Heather Moyse met a dozen fellow champions yesterday in Ottawa, thanks to the Children's Miracle Network.

Twelve children from across the country were selected as this year's Children's Miracle Network Champions, representatives of the 2.6 million kids treated at network hospitals in Canada annually.

"You think about all the hardships they must have gone through and yet they're here and they're smiling and they're very positive."

BRIAN MCKEEVER, PARALYMPIC GOLD MEDAL SKIER

The Champions were scheduled for bowling with McKeever and Moyse and a private tour of the Royal Canadian Mint, where the athletes' gold medals were made. Moyse, who overcame injuries to

win bobsledding gold in Vancouver, told the kids, "Adversity and challenges are everywhere. They're inevitable. But because they're everywhere, so is inspiration.'

one of the people we were working with," he said.

News in brief

Man serious after stabbing

ATTACK. A 19-year-old man is in serious condition in hospital after he was stabbed in the chest yesterday afternoon.

Just after 2 p.m., paramedics were called to Grant Carman Drive and Family Brown Lane, where a teenager had

been stabbed. The man was conscious at arrival of paramedics and was treated for a chest

TRACEY TONG

Police find shot-up cars

CRIME. Police Guns and Gangs Unit is investigating after reports of gunshots in Overbrook Saturday, Police located two vehicles with bullet holes and shell casings nearby. • TRACEY TONG





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Allan Small says life is very good in an investorfriendly market. More at metronews.ca /investing.





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Clashes in Myanmar drive thousands out

▶ Following weekend elections that were decried by U.S. President Barack Obama as unfair and repressive, ethnic rebels clash with government troops

Mothers carrying babies and grown men hoisting elders on their backs fled Myanmar with 15,000 countrymen yesterday as ethnic rebels clashed with government troops a day after an election widely considered a sham to cement military power.

Fighting raged at key points on the Thai border, wounding at least 10 people on both sides of the frontier as stray shots fell into Thai territory.

It was Myanmar's first election in two decades, billed by the ruling junta as a key stage in its selfproclaimed road to democracy. But the voting has been widely slammed as a sham to cement military power. The country has been ruled by the military near-continuously since 1962.

In the heaviest clashes, Karen rebels reportedly seized a police station and post office Sunday in the Myanmar border town of Myawaddy. Sporadic gun and mortar fire continued into yesterday afternoon.

Thai officials said late yesterday that fighting had quieted and government troops had regained control of Myawaddy

dy.
The fighting threatened to overshadow electoral

Violate rights

- ➤ Visiting New Delhi, U.S. President Barack Obama said it was unacceptable for Myanmar's government to "steal an election" and hold its people's aspirations hostage to the regime's greed and paranoia.
- Obama said leaders in countries like the U.S. and India have a responsibility to condemn such gross violations of human rights. He was speaking before India's parliament.

developments, which

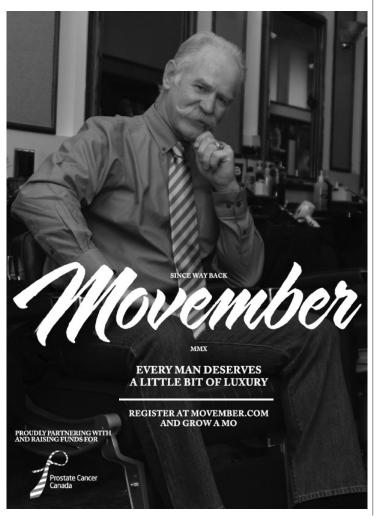
include mounting chagrin on the part of anti-government parties over what they charge was blatant cheating on behalf of the military's chosen candidates.

candidates.

The junta-backed Union Solidarity and Development Party was certain to win an overwhelming number of seats. It fielded 1,112 candidates for the 1,159 seats in the two-house national parliament and 14 regional parliaments. The largest anti-government party, the National Democratic Force, contested just 164 spots.

THE ASSOCIATED PRESS





Harper says he will defend Israel at all costs



Stephen Harper says he will take a forceful stand against anti-Israel rhetoric no matter the political cost to his government at international organizations such as the United Nations and the Francophonie.

The prime minister delivered the opening speech yesterday at a two-day conference on anti-Semitism, taking place on Parliament Hill

He noted Canada's unsuccessful bid for a UN Security Council seat this fall, saying he believes the country is morally obligated to stand up against those who would attack Israel.

"And I know, by the way, because I have the bruises to show for it, that whether it is at the United Nations or any other international forum, the easy thing to do is simply to just get along and go along with this anti-Israel rhetoric, to pretend it is just being even-handed, and to excuse oneself with the label of honest broker.

"There are, after all, a lot more votes — a lot more—in being anti-Israel than in taking a stand."

The reference to "honest broker" was a thinly veiled swipe at Liberal Leader Michael Ignatieff.

Ignatieff attacked the Conservative government in a speech this month for sacrificing Canada's ability to command respect on the issue of peace in the Middle East. Ignatieff said Harper has used Israel as a wedge issue in Canadian politics, and called for a return to a time when Cana-

Debate stifled?

Independent Jewish Voices, a group that was not involved in the conference, criticized the Conservative government for stifling debate on Israel

- "As Jews, we know that the real threat is from the new McCarthyism, and not from so-called new anti-Semitism. We believe that it is legitimate and ethically necessary for Canadians of conscience to criticize Israeli human rights abuses and to support non-violent remedies," said spokesperson Diana Ralph.
- They are calling on MPs to reject any attempts to silence legitimate criticism of Israel, and to defend free speech in Canada.

da was seen as an honest broker in the world.

Ignatieff reiterated what Liberals have long touted as a balanced approach to achieving peace in the Middle East: Recognition of two separate states — Israel and Palestine — with justice and security for both

THE CANADIAN PRESS



NIGERIAN COAST

Canadian among kidnapped

A Canadian was among at least five oil workers abducted by gunmen in speedboats in an attack on a rig yesterday off the coast of Nigeria's troubled southern delta.

The Canadian hostage is Bob Croke, a St. John's, N.L. area resident, a family member said.

The Department of Foreign Affairs in Ottawa said it is aware of the reports from Nigeria and is in touch with local authorities with a view to seeking further information." They declined further comment

Afren said the attack occurred at a new rig doing survey work at the Okoro oilfield, 11 kilometres off the coast of Nigeria's Akwa Ibom state.

Some of the kidnapped workers were employees of offshore drilling company Transocean. A spokesman for the Houston, Texas-based company said they're on a heightened state of alert and have taken some extra security precautions

on their rigs in Nigeria. "All I can tell you is we are working with our customer Afren and the authorities. We have not been contacted by the perpetrators," Guy Cantwell told The Canadian Press from Houston. THE CANADIAN PRESS

Sex assault case goes **Friday**

The Graham James sexual assault case has been put over until Friday. A lawyer for the convicted sex offender appeared in a Winnipeg court yesterday. The former hockey coach was not there and it is still not clear if he will apply for bail. James has been in custody since he returned to Canada from Mexico. He faces sex charges in relation to three complainants, including former NHL star Theo Fleury. The canadian press

Hearing for fake cancer case today

An Ontario family who supported a young woman accused of faking cancer and collecting money for treatments says they're "hurting" after the alleged hoax. Jessica Ann Leeder, 21, is charged with fraud over \$5,000. She was scheduled to appear in a Timmins court today for a bail hearing after her case was put over yesterday. Nicole Callegari said for more than a year the community rallied around the woman. The Canadian Press

Knife 'a nightmare': Smart

Accused in kidnapping again removed from the court for singing hymns

Elizabeth Smart awoke when she felt a cold knife on her throat.

Then she heard a man threatening to kill her and her family if she didn't leave with him.

"He said he was taking me hostage, for ransom. I was shocked. I thought I was having a nightmare," Smart told jurors yester-day, the first day of testimony in the trial of Brian David Mitchell, accused of kidnapping her from her bed in 2002 and holding her for nine months.

Smart's mother, Lois, testified earlier that she

Mitchell, known only as a homeless street preacher named "Immanuel," to do handyman work at the family home after she and her children ran into him downtown and one of her sons encouraged her to give him money.

Mitchell's attorneys say he was influenced by escalating mental illness and extreme religious beliefs that made him think he was doing what God wanted him to.

Elizabeth Smart was 14 when she was kidnapped. THE ASSOCIATED PRESS



\$1 trillion that's our mortgage debt

▶ Industry report finds Canadians still favour fixed-rate mortgages ▶ Five-year fixed rate option most popular

Canadian mortgage debt has spiked to over \$1 trillion, largely as a result of high home prices and low interest rates, according to a report by Canada's mortgage industry.

The value of outstanding mortgages is now 7.6 per cent higher than it was last year, the Canadian Association of Accredited Mortgage Professionals said in its annual report released yesterday.

The report says higher prices have forced many Canadians to borrow heavily to finance home purchases.

Canada's housing market has been on a tear for much of the past year after

Report findings:

Most homeowners are comfortable with their level of mortgage debt.

- About 84 per cent said they could afford at least a \$300 increase in monthly mortgage payments.
- ➤ About six per cent of Canadian mortgage holders, however, would be challenged by rate rises of less than one per cent.

the Bank of Canada sent its trend-setting policy rate to an emergency low of 0.25 per cent to stimulate borrowing and consumer spending.

Buyers, spurred by easy access to relatively cheap borrowing, rushed into the market and competed aggressively for homes, which drove prices to record highs.

The market has been cooling in recent months as many sales were pushed ahead to the beginning of the year in advance of tighter mortgage qualification rules, a new tax regime in B.C. and Ontario and higher interest rates.

Meanwhile, the Bank of Canada's policy rate has been hiked three times to one per cent, still historically low

THE CANADIAN PRESS



Obama on the move in India

The United States and India signed six agreements besides a plethora of business deals inked separately during U.S. President Barack Obama's trip to India.

Panel, Congress at odds over BP oil spill claims

The presidential commission investigating the BP Gulf oil spill challenged claims in Congress that the oil company and others sacrificed safety to cuts cost. In preliminary findings issued yesterday, the panel's investigators supported many of BP's own conclusions about what led to the disaster.

The panel's chief investigator, Fred H. Bartlit Jr., announced 13 principal findings, many of which seemed to track with investigations of the blowout, including BP's. Bartlit said he agreed with "about 90 per

Possible causes:

There is still disagreement over what and whose mistakes triggered the deadly and polluting explosion.

The president's commission questioned the interpretation of a critical test used to determine if the well was stable before the company abandoned it.
 The investigators said that some procedures BP decid-

ed to use in that process in-

troduced additional risk.

cent" of the company's own conclusions.

Under commission procedures, Bartlit presented the findings to the sevenmember panel.

One determination in particular challenges the narrative that has dominated the headlines and Democratic probes in Congress since the April 20 incident killed 11 and unleashed more than 200 million gallons of crude into the Gulf of Mexico: that BP made perilous choices to save money.

THE ASSOCIATED PRESS

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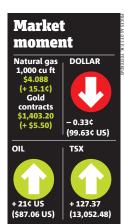
Wands out for Warner Bros in U.K.

The U.S.-based entertainment company Warner Bros says it plans to buy and expand the English studios where the Harry Potter films are made.

Warner Bros said yesterday it will invest roughly 100 million pounds (\$161 million) in a major expansion of the Leavesden Studios.

Chairman and chief executive Barry Meyer said the investment will give Warner Bros a full-time production base in Britain.

"For 86 years, Warner Bros has been intrinsically involved in film production in the U.K.," he said. "Our multimillion-pound investment in creating a state-of-the-art, permanent U.K. film production base further demonstrates our long-term commitment to, and confidence in, the skills and creativity of the U.K. film industry." THE ASSOCIATED PRESS



Health Canada

A spokeswoman for federal Health Minister Leona Aglukkaq says Health Canada is examining the renewal of health warnings on tobacco packaging, "but is not ready to move forward at this time." An editorial in the Canadian Medical Association Journal says Ottawa's cancellation of plans to update warning labels on cigarettes may lead to increased smoking and

smoking-related illnesses

and deaths. The edito

New pack labels urged

The editorial says graphic warnings also deter nonsmokers from taking up the habit, but labels must be refreshed or they lose their impact over time.

THE CANADIAN PRESS

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IS IT ENOUGH TO LOVE THE ONE YOU'RE WITH?



When you've been in a relationship for a while, you inevitably start to hear the same question over and over again, "So ... is this the one?"

nd there it is folks, the one: One true love to have and to hold for eternity. Finding your soulmate can be beautiful and romantic. However, the idea of settling down forever with just one human being sends some commitment phobes running for the hills.

For me, staying faithful to one person for 40-plus years seems like an incredibly difficult commitment — not impossible, but definitely a challenge. I love my "the one" very much, but I some-

times I wonder, as the decades go by will my feelings change?

Almost 40 per cent of couples in Canada will divorce by their

30th wedding anniversary. Statistics like this make it hard to keep our faith in being faithful. It's hard to believe that one other person could satisfy every emotional and sexual need till death do you part. So what are the options when both partners start to

feel like there is something missing in the relationship? Do you stick together and try to work it out, break up, or explore an alternative lifestyle?

When monogamy becomes monotony, some couples are

turning to something (or someone) outside the relationship to spice things up. Open marriages and swinging are no longer the

"So what are the

options when

both partners

start to feel

like there is

somethina

missing in the

relationship?"

taboos they once were. In fact, reality TV shows like Sister Wives and Cheaters are contributing to the mainstreaming of these types of plural partnerships.

It seems the worst part about infidelity (besides the health risks you might subject

your partner to) is the lying and the mistrust. But what about when it is completely consensual? If there is no real element of deceit, can we really call it cheating?

These non-traditional

relationships are a minefield of ethical obstacles that can lead to a number of emotional (not to mention legal) consequences. But as problematic as they might be, many couples believe that becoming romantically or physically involved with other people can be a way to save a marriage, and even make it stronger.

Whether engaging in extramarital activities is right for your relationship is a personal decision unique to every couple. But when a website that facilitates adulterous encounters has more than seven million members, we have to wonder if the concept of monogamy is starting to become extinct.



Read more of Jessica Napier's columns at metronews.ca/shesays

A VERY QUICK READ: THE THOUGHTS OF GEORGE W. BUSH

No silly shirts for leaders

Worth mentioning

For some Pacific Rim leaders, this will surely come as a relief: No kimonos or other special attire for the annual group photo.

Over the years, one of

the most memorable moments of the annual Asia-Pacific Economic Co-operation summit has been what's come to be called the "silly shirts" photo, often representing

the host country's culture.
The 21 APEC leaders
have posed for together in
Javan batik shirts (Indonesia in 1994), flowing ponchos (Chile in 2004) to
Vietnamese "ao dai" — elegant silken tunics in
which several of the leaders were visibly ill at ease



— in 2006.

But this year in Japan, the leaders were instructed to come in "smart casual" for Saturday's photo, said a government official, who spoke on condition of anonymity, citing department rules.

The Japanese official cited the timing for the photo session, which falls between a traditional

Kabuki theatre performance and an official dinner hosted by Prime Minister Naoto Kan, as one possible reason for the relatively staid choice.

The typical tight-fitting traditional kimono is not very comfortable or suitable for a photo session, said another official, though he did not explain why. THE ASSOCIATED PRESS

Is the poppy valid recognition for war veterans?
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Metro Minute with Notes From Home

Add your name to Notes From Home, a handmade book containing signatures, drawings, photos and kind wishes to soldiers in Afghanistan from more than 80,000 Canadians, at the Barrhaven Legion at 6 p.m. today.

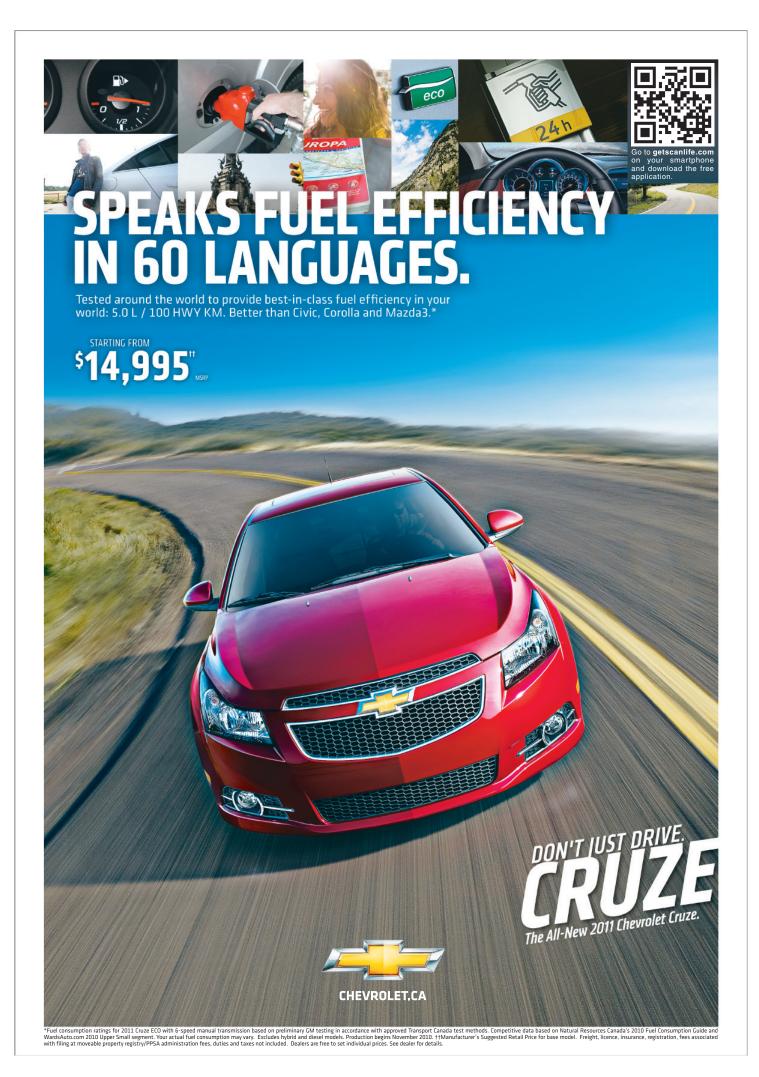
After travelling across Canada and to Afghanistan and back, Notes From Home will be making one last stop before being donated to the Canadian War Museum.

The public is invited to remember those who serve our country and show support for Canada's soldiers both at home and abroad.

The book's creator, Sgt. Renay Groves, will share her inspirational story of how this book started.

TRACEY TONG







Scene in brief

Warner Bros, has an-

nounced plans to buy and expand the English studios where

the Harry Potter

Warner Bros says it

will invest roughly \$161-million in a ma-

jor expansion of the Leavesden Studios.

Chairman and chief

executive Barry Mey-

er said yesterday the

investment will give

Warner Bros. a stateof-the-art, permanent UK production base.

The studio is also

responsible for

pleted in 2012.

Inception.

recent hits such as

The enlargement program will be com-

films are made.

All's fair in Hollywood justice

◆ Joe Wilson and Valerie Plame, smeared by the Bush administration, tell their story ◆ Naomi Watts and Sean Penn star as the couple



In July 2003, Joe Wilson published an article in the New York Times outlining why he believed the Bush administration was lying to the American public so it could fast-track the Iraq war.

The government's response was to out his wife's, Valerie Plame, classified position with the CIA and launch a massive media smear campaign that almost ruined their lives. As it became obvious that a certain president was more suited to watch kid's cartoons than run a country, their names have since been cleared.

Now, the film Fair Game (starring Sean Penn and Naomi Watts as the cou-

Quotables

What the real star of Fair Game is saying

- Valerie Plame's first reaction to the movie "The producers had approached us ... but we knew nothing about Hollywood and that world."
- Plame on Naomi Watts "We've become friends. I mean, we're both working mothers, really at the end of the day..."

ple) further explores the injustices they endured.

"Obviously, there was apprehension towards the movie because of the way our story had been reported," Wilson told Metro.

"But we were consultants on the movie and worked with the director to make sure that the script was as true to the facts as possible."

In a rare instance of truth triumphing over fiction in Hollywood, the couple was able to ensure its story was accurately represented with a few limitations.

"Like every CIA employee, I signed a secrecy agreement and that's good for a lifetime," said Plame. "There were some things that were off limits and they understood that."

Plame and Wilson are pleased with how Fair Game turned out, even if it can be difficult to watch.

"I've seen it three times now and ... it is not yet therapeutic. It's still pretty raw to have to go back and relive what we went through," said Wilson.

However, they recognize their story carries cultural significance worthy of the attention.

"We want people to walk out of the theatre and not see it so much as a black mark on the Bush administration per say, but against power and the abuse of power in general," explained Plame.



Talking about Scott Pilgrim

• Creator of the comic book series reflects on going from one graphic novel to mega success



PHIL BROWN SCENE@METRONEWS.CA

Bryan Lee O'Malley has gone from a burgeoning artist with a critically acclaimed graphic novel to one of the most beloved comic book community figures. The reason? His Toronto-set series Scott Pilgrim about a 20-something

whose life is filtered through a pop culture cocktail of manga, movies, and vintage videogames. With a Hollywood adap-

With a Hollywood adaptation hitting DVD this week, Metro spoke with O'Malley about the recently completed Scott Pilgrim saga.

How did the idea of depicting

Pilgrim's life through this surreal pop culture lens come about?

The books were a way of getting all that stuff out of my head, onto the page. Weirdly, that happened to be what really catches on with a lot of people.

I didn't really think it was for everyone. I thought it was just my per-

sonal obsessions, but it turns out to represent a lot of people's experience from growing up in the '80s and '90s.

Did you ever think it could be a film?

No, I started talking to [director] Edgar Wright right after the first book, but I never thought there would

actually be a movie.

I think it worked because ... we both approach American pop culture as outsiders, him from the UK and me from Canada.

We never felt like that was our world, but we wanted to create something that synthesized our world and that kind of fantasy world.

CLUB METRO & SONY ERICSSON CONGRATULATE HEATHER CARLSON!

Heather Carlson was the lucky grand prize winner of the Club Metro and Sony Ericsson – Mini But Mighty Contest!



Seen with **Heather** and her new **Sony Ericsson Xperia**™ X10 mini phone & 2011 Mini Cooper she picked up from **Downtown Mini** in **Toronto** is (from left to right) Metro Canada National Account Manager – Marc Lawrence, Metro Canada Marketing and Interactive Director – Jodi Brown, Head of Sales for Sonv Ericsson **Mobile Communications** - Ken Le and Marketing Specialist for Sony Ericsson **Mobile Communications** – Roshni Wijayasinha

Sony Ericsson make.believe





Aguilera seen with a new man

Christina Aguilera enjoyed a night out recently with pals Nicole Richie and Joel Madden as well as a mystery man who turned out to be Matthew Rutler, her set assistant for her new film, Burlesque, according to the Daily Mail.

While dining with a colleague is hardly suspicious, their exit from the SoHo House raised some eyebrows, as Rutler reportedly hid under a blanket in the backseat of Aguilera's car to avoid the press.

METRO

Allen's health improving

Lily Allen's condition is improving, her representative tells People maga-

The singer is being treated at a London hospital for septicaemia, a bacterial blood condition.

Allen "is responding well to treatment and her condition continues to improve," her rep says. "Lily thanks everyone for their messages of support and again asks that she and partner Sam Cooper be left alone whilst she recovers.

METRO

Lohan has a visit with her father

Michael visited Lohan at Betty Ford Clinic Spent several hours together, including shopping at a mall

Michael Lohan's recent good behaviour earned him some time with daughter Lindsay Lohan over the weekend, accord-

ing to Radar Online. "Lindsay met Michael at Betty Ford and the pair spent hours together. It was not a fleeting encounter, this appeared well-planned in advance," a source says. "They also went shopping at a local Palm Desert mall, where they were seen walking around together and at one point, were in a jew-elry store."

When asked about the meeting, Michael kept up his new policy of not talking to the media, saying, "I have pledged not to comment about anything relating to my daughter. However, what I will say is that I am an incredibly proud father tonight. My

"... I am an incredibly proud father tonight. My daughter is progressing extraordinarily well."

MICHAEL LOHAN



daughter is progressing extraordinarily well."

Meanwhile, Dina Lohan insists that daughter Lindsay is doing so well in rehab that she wants to go into the business herself when she gets out.

"She wants to start her

own facilities, help other children," Dina told Matt Lauer during an interview on the NBC's Today show. "She's so public, we can only be positive and look to the future to help other families.

METRO



Miley to spend b-day with fam

Miley Cyrus turns 18 in two weeks, and the Disney megastar wants nothing more than to spend it with her family.

"(My family and I) need time to all be together," Cyrus tells MTV News. And sources tell Popeater that Cyrus' success may have played a role in her par-ents' current divorce bat-

"Both parents have been equally involved in "Both

making their daughter a superstar, and now that they have achieved their goal they have nothing to work towards anymore and nothing to keep them together," a source says.

You would think that someone like Miley has everything in the world, but I guarantee she would give it all up in a second if it kept her family togeth-

METRO

Celebrity tweets



Ashton Kutcher [Aaplusk] Dear Brett Favre, Retire Sincerely,



Steve Martin [@SteveMa rtinToGol Pretaping

wife now for dinner conversation tonight.



ecial. I have to be better at erything I do.



Pink [@Pink] -Thinkin about hiber-

nating for winter. METRO

50 Cent denies fling

50 Cent insists the rumors about him and late-night host Chelsea Handler having a fling are bogus.
"I didn't hear none of

that," he tells Hollyscoop of recent reports of their alleged hook-ups. "I don't know how you set it straight. Chelsea is a friend of mine and she's been working on a lot of great television projects I've been communicating with her (about).'

METRO



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We're bringing breakfast back

Eating in the morning is good for you Dut no need to force it down



Turned off by breakfast? No need to force yourself. Nutrition experts have been telling us for years that we should eat breakfast. But this doesn't mean you have to choke down food when you're

not hungry yet. "Breakfast is, indeed, important," says nutrition guru Dr. David Katz, direc-

tor and co-founder of the Yale Prevention Research Center in New Haven. Conn.

"But exactly when and exactly where you eat it is up to you."

According to Dr. Katz, people who eat breakfast tend to be healthier and leaner than those who skip it.

One new study even shows that eating breakfast is good for your heart. Yet, many people don't realize it's not crucial to eat breakfast the minute your feet hit the floor in the morning.

If you aren't hungry when you first leave home in the morning, but get hungry at about 10:00 a.m. or 10:30 a.m. while at your desk, it's still healthier to eat something then, than to fast until lunch time.

"I routinely have breakfast that late, because that's when I get hungry for it," says Dr. Katz.

"If I can't eat a late breakfast at home, I take it with me.

Dr. Katz is an internationally renowned authority on nutrition, weight management and prevention of chronic disease.

He has written more than 100 scientific papers, almost 1,000 newspaper columns and 12 books on nutrition.

And he's an advisor to U.S. President Barrack Obama.



Morning rush

Nutrition expert Dr. David Katz takes a mix of whole grain cereals and fresh fruit for his late-morning breakfast. Here are his recommendations for breakfast on the go:

- Dried fruit and nuts (packed with nutrients, easy to carry, great shelf lie. But don't get ones with lots of sugar and salt added).
- Larabar Raw Food Bar chocolate coconut chew
- Nature's Choice multigrain cereal bars.
- Wholesome Goodness bars.
- Yogurts that are all about milk







In a scientific feat that almost defies imagination, Canadian researchers have transformed human skin into different types of blood cells. The achievement by Mc-Master University scientists is being hailed as a breakthrough that could one day help patients needing transfusions for surgery, to treat po-tentially deadly blood disorders or to offset the destructive side-effects of chemother-

THE CANADIAN PRESS



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Mobster life

These are indeed tense times for Italy's mobsters.

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friend at

no extra

cost.

Struggles A growing

police crackdown and a rebellion among businessmen expected to pay protection money have left some sons of organized crime families wrestling with self-doubt, unsure they are cut out for leadership in a life in the bloody, vengeful world of the mob.

THE ASSOCIATED PRESS

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In another case of life imitating art — Italian mobsters are now speaking to therapists about their problems, similar to the scenes made famous by HBO's Sopranos.

▶ In real-life twist on Sopranos, some Italian mobsters work out their angst in therapy ◆ Snitches, nagging wives and bad hair among some of their problems

The mafia boss was having a dreadful time dealing with loss. But he wasn't struggling with the loss of lives, or even the loss of his freedom.

"Doc, it's my hair," the mobster from the 'ndrangheta crime syndicate confessed to his psychiatrist in jail. "I'm afraid of losing my hair.

"And look at these spots on my arm. See them?" he half-pleaded as he rolled up a sleeve and thrust out his arm.

"But your hair is fine. Absolutely fine. And there aren't any spots," Dr. Gabriele Quattrone tried to reassure his patient — who had tied himself into a knot of anxiety over the hair he believed to be falling from his head and the imaginary blotches popping up all over his arms.

Quattrone is one of a tiny corps of psychotherapists who have treated Italian organized crime bosses or their family members.

Patients include dons haunted by nightmares, turncoats tormented after ratting, wives left frigid by rigid codes of loyalty. In ex"If you're a mafioso, and you're anxious, you're not trustworthy and you have to be eliminated. A mafioso is paranoid about everything."
PALERMO PSYCHOLOGIST GIRDIAMO IN DERSO

clusive interviews with The Associated Press, granted on condition that the identities of the mobsters not be revealed in line with doctor-patient confidentiality, the doctors offered rare insights into the secretive, increasingly strung-out world of Italy's centuries-old criminal organizations.

But seeking help is risky business: among mobsters, visiting a psychologist is a weakness you can pay for with your life. Palermo psychologist Girolamo Lo Verso recalled the case of a mobster's son who told another therapist at a public mental health facility: "If my father knows I come

here, he'll kill us."

"If you're a mafioso, and you're anxious, you're not trustworthy and you have to be eliminated," said Lo Verso. "A mafioso is paranoid about everything" — trusting the mafia code of silence ("omerta") more than the medical code of patient confidentiality.

The state's war on organized crime has put hundreds of bosses behind bars, sometimes for decades, sorely testing the mental health of spouses, children and sometimes the mobsters themselves.

Alberto Cisterna, a prosecutor in the national anti-Mafia office in Rome, is a Calabrian whose schoolmates included future 'ndrangheta bosses. He is fascinated by the growing body of psychological studies of mobsters, since "psychology figures a lot" in persuading a boss to turn over evidence.

In the rugged Aspromonte mountains of Calabria, Cisterna said, paramilitary police go out every night looking for fugitive mobsters, often in their families' farms.

THE ASSOCIATED PRESS

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OH THERE'S NO PLACE LIKE THE DENTIST'S FOR THE HOLIDAYS!

Or how about "All I Want for Christmas is a Brighter Smile!"

Well, perhaps that is not quite how you recall these Christmas classics And no doubt you are thinking that we should give up on the song writing career.

However, our actual point was not about writing new lyrics for all the Christmas songs out there. It was more about the fact that many of you will be seeing the return of college and university children during the Holiday Season. That is a perfect time to bring them to the dentist office to check into the state of their oral health.

No doubt, many of you will recall your own days in post-secondary education. While we trust those memories are fond ones, we suspect they are not exactly filled with recollections of dental visits at the university or college campus.

The fact is that oral healthcare is not amongst the foremost concerns of the young adult studying while living away from home for the first time. But it should be!



Dr. David Lui Dental Surgeon

Studies in the United States have demonstrated that tooth decay is reaching epidemic proportions amongst high school age children. Oral health issues are cited as one of the greates reasons that such children miss class. And missing class time usually results in lower urades.

If that is the situation facing children in high school, it is difficult to conceive as to why it would be any different for post-secondary students. Given the cost and importance of investing in post-secondary education, the last thing you want is to see their grades

suffer as a result of a preventable or treatable oral health condition.

The great thing about the Holiday break is that, depending upon your child's exam schedule, she could be home for the two to four weeks once classes end. That can be plenty of time to make sure their oral health is in good condition. If it is not, there can even be time to provide or at least start treatment before they return for the next semester!

Some of you could find your children home within the next month! It is hard to believe we could be that close to the Holidays but the calendar does not lie! So find out when your kids are coming home and let them know you will be scheduling them an appointment with their dentist when they come arrive.

Think of it as giving the gift of a beautiful smile! Because making sure your post-secondary student protects that smile by visiting the dentist is a healthy habit...and healthy habits lead to healthy lives.

Dr. David Lui - Dental Surgeon

Top 4 desk culprits



Your workday can be full of irritations. Here are some tips on tackling them.

Chair

If you're having problems with your posture, perhaps your office chair is wrong for you. Make sure it has a good backrest and is set to the correct height. You could also get an orthopedic chair to lessen feelings of discomfort or back pain.

Desk buddies

If the person beside you at work always offers candy and makes a point of sharing it, learn to politely refuse. Then grab an apple.

Computer screen

Staring at your computer screen all day long isn't thought to cause any longterm damage. However, the reflection from the screen and general fatigue can cause headaches or bleary eyes. Get up and walk around every hour.

Desk

The height of your desk could be wrong — together with your chair — which could lead to problems such as tendinitis (inflammation of the tendons in your wrist).

RUNNING OUT OF STEAM? YOU MIGHT BE IRON-DEFICIENT!

The body uses dietary iron to transport vital oxygen to all its tissues. However, many people, especially women, children, elderly people and athletes, do not get enough iron to satisfy their needs. Are you finding it difficult to get through the day?

More common than you might think ...

Did you know that one woman in four is iron-deficient? Iron

deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate. Other signs that your body's iron levels are too low include: dark circles under the eyes, headaches, pale skin and an increased need for sleep.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency – and you may not even be aware that your iron is low. Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.

Iron is essential

Since your body cannot produce iron by itself, you have to get it from your daily diet. Most of your iron goes to making hemoglobin – the colouring substance of red blood cells. Iron is essential for the transportation of oxygen in the

enough iron from your daily diet to ensure the proper functioning of your body.

body. It's almost impossible to get

The natural solution!

Floradix, a plant-based liquid iron supplement, may help to improve your iron levels. Floradix is easily absorbed by the body, has no harmful effects on the digestive tract and offers positive results. Made from highly soluble iron gluconate as well as whole foods

and co-factor vitamins, Floradix is highly absorbable and quickly replenishes iron levels, which helps to restore vitality! Today, Floradix is highly recommended by health care professionals because it is easy on the digestive tract as well.

Trust Floradix, North America's most recommended iron supplement! Floradix is available at quality health food stores and natural pharmacies accross Canada •

Are you iron-deficient?

- Do you often feel listless, weak or irritable?
- ☐ Do you look pale, lack appetite or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- ☐ Are you pregnant or nursing or planning to become pregnant?
- Have you lost a lot of blood (e.g. from surgery, injury or donating blood)?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron-deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test, the most sensitive measurement of iron stores in your blood.

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Chefs and the city

• It started as a spoof, but three Toronto chefs have found their niche on Citytv

A spoof of the Iron Chef television series starring three Canadian chefs has evolved into a wildly popular weekly culinary show.

The chefs, Michael Bonacini, Massimo Capra and Jason Parsons, bring a rare chemistry to their tasks, says their producer on Citytv's CityLine.

"It used to be whenever you had a chef on TV you usually had a snooty and above-everybody type of person," says Chrissie Rejman, who has worked at the Toronto Citytv station since 1973.

"But here we have three high-profile chefs without a pinch of arrogance, silliness or bravado," she adds.

The three also have a new book out entitled 3 Chefs: The Kitchen Men (Whitecap Books). Like the authors, the cookbook reflects their different backgrounds, culinary styles and witty rapport.

Besides having a good time both in front of and away from the camera, the three friends come from distinct corners of the

Bonacini, 51, is from Wales, Capra, 50, hails from Cremona, Italy, and Parsons, at 39 the "young buck," is from England.

Bonacini is co-owner of Oliver & Bonacini, with restaurants in Toronto, Oakville and Collingwood,

Capra, a chef host on the series "Restaurant Makeover," also co-owns Mistura Restaurant and Sopra Upper Lounge in Toronto.

Parsons is executive chef at Peller Estates Winery in Niagara-on-the-Lake,



"The chemistry among the three is unlike anything else"

CHRISSIE REJMAN, CITYTV

Ont.
"What makes the show work for the three of us is that we all feel comfortable in our skin," says the ebullient Capra, "We are not competing against each other. We are simply having a good time.

Parsons says he believes

that "we really genuinely enjoy each other's compa-

ny."

"Massimo entertains us with stories forever, while Michael keeps us in check," he says.

Bonacini admits to having butterflies in his stomach before each show.
"I think the day I lose

that I should hang up my apron. I also tend to be the quiet one and am the gel between Jason and Massimo to keep things going

Bonacini got his early

start working at the famous Dorchester Hotel in London, where he stayed for 10 years. In 1985 he arrived and settled in Toron-

After culinary training in Italy, Capra came to Canada in 1984 and went to work in his uncle's restaurant in Toronto.

Parsons had a very different start to his cooking career. Having moved to Canada with his parents, he took a job just before his 14th birthday in a roadhouse in southwestern Ontario washing glasses in the bar.

Later, after culinary school, he apprenticed for a chef's position at awardwinning Langdon Hall in Cambridge, Ont. "I graduated from high school and culinary school and com-pleted a full apprentice-ship and received my chef's papers," he says.

CityLine airs on Citytv stations in Toronto, Van-couver, Winnipeg, Calgary and Edmonton. Check local listings for times.

THE CANADIAN PRESS

Whisky means more than Scotch



Mention whisky in Canada and most thoughts turn immediately to Canadian, Scottish or even Irish versions, but in the last few years American whisky has made some major inroads into our fair country.

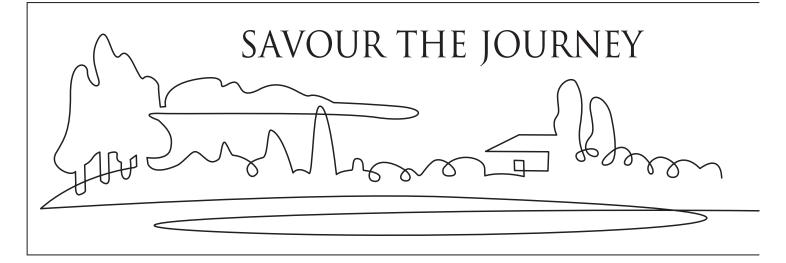
Bourbon is handsdown their most fa-mous type. Originating in Kentucky, bourbon can actually be produced in any U.S. state as long as it meets certain criteria: especially that it be made with at

least 51 percent corn. Of all of America's mainstream bourbons Maker's Mark (\$37.95 -\$39.99) has carved out a nice niche with its rich flavour profile and distinctive package that features a unique square-bottomed bottle and groovy red latex-dipped cap sealant.

With exotic tropical aromatics and a wellwooded, caramelmeets-barrel mouth feel it's an ideal introduction to what American whisky has to offer whether on its own, over ice or with a dash of spring water. Prices reflect

the across country. Some products may not be available in all provinces.

range



Variations on dinner

▶ Rice and pasta help to make suppers fast and easy. ▶ Lots of veggies make these dishes nutritious.



Preparation:

- In a large skillet, cook steak, onion and thyme over medium-high heat in oil until meat is no longer pink; drain. Add wine: simmer. uncovered, for 10 min-
- utes or until liquid has
- Stir in tomatoes: cover and simmer 15 minutes longer. Add corn and heat through. Serve with rice.

Ingredients:

- 1 medium onion, cut into 1/4-inch wedges
- 1/2 tsp dried thyme
- 2 tbsp vegetable oil • 3/4 cup red wine or beef broth
- · 398 mL can diced tomatoes, undrained
- 2 x 284 mL cans corn niblets, drained
- · Hot cooked rice

- 500 g boneless beef top round steak, cut into strips

Preparation: In small bowl, combine 1/2 cup water, peanut butter, soy sauce and brown sugar until smooth; set aside. In skillet or wok, stir-frv garlic in oil 30 seconds. Add chicken; stir-fry 5 minutes or until no longer pink. Add broccoli; stir-fry for 5

▶ Peanut Chicken Stir-fry

Stir in peanut butter mixture: cook and stir 2-3 minutes or until sauce is smooth and broccoli is crisp-tender. Combine cornstarch and remaining water until smooth; gradually add to skillet. Bring to boil; cook and

minutes.

Inaredients:

- 1/2 cup plus 1 tbsp water,
- 1/4 cup peanut butter 3 tbsp soy sauce
- 1 tbsp brown sugar
- 2 to 3 garlic cloves,
- minced
- 2 tbsp canola oil 500 g boneless skinless
- chicken breasts, cubed
- 3 cups fresh broccoli flo-
- 1 thsp cornstarch
- Hot cooked rice or noodles

stir for 2 minutes or until thickened. Serve with rice or noodles.

READER'S DIGEST

Preparation:

- Cook fettuccine according to package directions. Meanwhile, in large pot, bring water and broccoli to boil. Reduce heat; cover and simmer 4-6 minutes or until crisp-tender. Drain.
- In large pot, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in milk. Bring to boil; cook and stir 2 minutes or until thickened. Remove from

Ingredients:

- 1 package fettuccine
- 1 cup chopped fresh or frozen broccoli
- 3 tbsp butter
- 1 tbsp all-purpose flour
- 2/3 cup milk
- 1/4 cup grated Parmesan

heat: stir in Parmesan cheese and broccoli.

Drain fettuccine; top with broccoli mixture.





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2FORCOUPLES.COM TWITTER: @SMUGMARRIEDS



My husband never cleans up after himself. I'm sick of being his maid! How do I make this stop?

Angela says...

Have you asked him directly, or are you expecting him to suddenly notice that he should do it? The direct approach always seems to work better with the male species. Dividing the work is also key. In our house, one person makes

dinner, and the other cleans up. Works brilliantly. It's often a race to be the first one home after work. And in the interest of full disclosure, we have a cleaning person who comes every two weeks, thus avoiding the "who's turn is it to clean the bathroom" discussion.

Derek says...

Are we talking about a messy desk and pile of clothes, or is this crusty dishes under the sofa? While there's no excuse for an adult man to neglect cleanliness to the point of allowing bacteria cultures to grow in the living room, you might be faced with an incurable condition at this point. In which case, you should invest in a hazmat suit and industrial cleaning service. But if he's an average sloppy guy, start small: Ask him to make the bed and throw in a load of laundry once a week. Build from there. Reward him with a bottle of 12-year-old Macallan scotch.

QUICK CHATS LED TO LOVE

Names: Shannon, 25, and Andy, 38

Hometown: Toronto

Together since:

Their story:

How We Met: Shannon & Andy

"Andy and I (Shannon) met when I started a new job at a medical office he was the Purolator guy.

"One day, Andy came into the office with a package I was expecting - I had ordered something from a motorcycle shop. Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations be-



came more frequent. Andy would even stop into the office empty handed just for a quick chat.

"About two years later, we had our first date - on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont. It was there — 36

minutes into our first date - that I knew he was "the one." I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me with a proper proposal. Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to

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marry me. After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto.'

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.







here are two ways to borrow from your RRSP. First is through the RRSP Home Buyers' Plan, for first-time home buyers, and second is through the Lifelong Learning Plan, for educational expenses. These Canada Revenue Agency programs allow you to withdraw funds without a tax penalty. If you 'borrow' outside these programs before retirement to pay for a trip or a car, the withdrawal is considered income in the year you received the funds and you'll

The RRSP Home Buyers' Plan allows you to borrow up to \$25,000 tax-free from your RRSP (it can't be locked-in) to put toward a down payment for your primary residence.

The Lifelong Learning Plan (LLP) allows you to withdraw up to \$20,000 from your RRSPs to finance training or education for you, your spouse, or your common-law partner. Check out the Canada Revenue Agency website for more information (cra.gc.ca).

These plans make sense for some people, but there are drawbacks. First, when you take money out of your RRSP, you lose the power of compounded interest and re-invested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns

Second, when you repay those borrowed funds each year, you don't get any tax write-offs on those repayments because they aren't considered RRSP contributions; it's not new money. Third, if you can't repay the minimum amount, you'll be taxed on the difference between what you still owe and what you paid.

Don't go in debt to pay for gifts, start saving

Simple ways to cut expenses from now until Christmas that will help ease the cost of gift buying No need to be a Scrooge if you start saving now

ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



Keep your holiday gift debt to a minimum building up a cash cushion

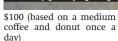
How would you like to have no holiday gift debt? Zero. None. Not a dime. Here's how.

According to a moneyville.ca on-line poll the average holiday gift tab will be just over \$600 this year. And it will all be spent during the seven weeks between now and Christmas.

With a little bit of belt tightening you will have the cash for holiday presents and no nasty credit card bill in the New Year.

 $1_{
m you've}^{
m Brown\ bag\ it.\ I\ know}$ before but it really does work. Cut out three lunches a week at \$6 a pop. Saved: \$126.

 2^{Can} the take out coffee\tea\latte\cappuccino\donut. This is another money saving nag but, as with the brown bag, it really works and once you get used to it the pain of deprivation disappears. Saved:



3 Scissors and Comb. I've been cutting my husband's hair for 30 years. I also cut my two daughters' hair and now my wiggly grandson. I figure I've saved thousands and one of these days they're going to get an invoice. Cut out one haircut per family member between now and December 25. Saved: \$100 (1 adult, 2 children)

4 Do your own. Maybe not your hair! But mani-

tually quite relaxing and fun to do on a cold winter evening. Saved: \$50

5Eat In. You can do it! Try to make it to Christmas without eating out at night. Saved: \$225. (assuming you would normally eat out three times between now and December

Total Savings: \$601

Those living, working and shopping in the downtown area may scoff at my suburban prices. So take 30 minutes and see what

ting you could hit \$1,000

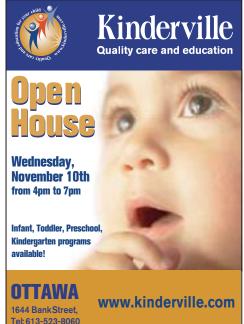


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CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE





Black Friday deals for Canadians too

Boxing Day isn't the only time Canadians will be able to save big this holiday season. That's because Black Fri-

day, the busiest American shopping day of the year (the Friday that follows Thanksgiving in the U.S.), has been picking up steam in Canada.

Even though it's traditionally an American occasion, Canadian retailers and online retailers that ship to Canada have been making strong showings. In 2009, major merchants participated including Amazon.com, Apple, Dell, Old Navy, The Source and Zellers.

This year, Black Friday falls on Nov. 26. If you want to track down the best deals and participating retailers, deal hunting websites like RedFlagDeals.com have extensive Black Friday coverage for Canadian shoppers. RedFlagDeals.com founder and shopping expert Derek Szeto explains,

"Canadian retailers are joining the fun. Even if Black Friday isn't a Canadian tradition, it's as good a reason as any to hold a sale and attract customers. More and more Canadian retailers have taken part in recent years, and we expect an even bigger showing in 2010."

Szeto also thinks that online retail is ideal for the occasion: "Online shopping is the big equalizer. It gives us the option of finding deals from American retailers without having to physically cross the border.

NEWS CANADA

Defeating exam stress

- A healthy lifestyle during midterms can keep you stress-free
- Managing stress tied to managing time





Midterm exam season can be stressful but you can survive it if you stay healthy, stay organized and keep your eye on the bigger pic-

Margot Bell, associate director of student development at the University of British Columbia, says good health habits go a long way to keeping you as stress-free as possible during mid-term season.
"You have to take care of

Stay energized

Hilton-Eddy, learning strategist at Ryerson University, says constant feelings of being tired can be a classic of symptom stressed-out, so don't make it worse by constantly napping.

"Some forms of stress can make you lethargic and tired, so in those cases a nap might not be the right idea. Do some exercise instead," Hilton-Eddy

A positive outlook can make a huge difference in your stress levels so remember to think posi-

"Don't say, 'Don't pan-ic.' Instead think, 'I am calm, I am prepared, I am relaxed.' You want to focus on the things you want to happen, not the things you don't," Hilton-Eddy said.

If you feel yourself eling stressed, take feeling stressed, take deep, full breaths to get your blood going and oxygen to Avoid too much head. caffeine because it can raise your stress levels.

RAF BRUSILOW

your health. Sleep, eat, rest, relax and it'll make you a better student overall. Health habits tend to shift students start because spending all their time trying to focus on their exams. It all just creates stress by putting you in that pressure-cooker," Bell said.

Your study sessions will be more productive if you tally up how much time you have left, how many topics you need to sensibly cover and create a schedule that makes sense. Think divideand-conquer instead of trying to leap headfirst into the end zone.

"Stress management and time management really go hand-in-hand. Set reasonable, manageable goals and divide the work into smaller tasks. Set a schedule that builds in rest time and study time," Bell said.

Most importantly of all, don't get caught up in negative thoughts - regardless of how you do on your midterms, you'll be able to start fresh and try out good habits again with a look to"You just don't retain as much when cramming. You're sleep deprived, your brain is working less effectively and you're neglecting other areas of your life. You can't memorize the material in such a short time anyways - focus on what the exam questions might be instead and work through them." MARGOT BELL, UBC

wards final exams.

Being prepared in advance is ideal and it's never too late to start implementing good strategies and habits. If you mess up, you can put what you've learned toward December anyways.

Midterm study tips



Preparing for midterm exams takes good study habits and a little common sense.

Reed Hilton-Eddy, learning strategist at Ryerson University, says the ulti-mate goal of any exam is to test your mastery of the material, so think about what exactly the purpose of your course is - it's likely you'll be able to guess roughly what ques-tions/topics you'll be test-

"Put your professor hat on. If you were teaching this course, what would you want people to come away knowing? Professors are not trying to purposefully flunk students and I don't find that often what they put on a test is a sur-prise," Hilton-Eddy said.

Plan specific things to do that will help you study the material rather than just thinking you need to

"study" in general.

"I encourage students to avoid that word, 'study,' as it means everything and nothing. Be specific. Think, 'I have one hour so I'm going to do 10 practice questions,' for example. The more you're actually doing with the material the better you'll grasp it," Hilton-Eddy said.

Taking breaks is crucial but be wary of letting yourself slip into procrastination.

"Resist the urge to stop too soon. Obviously breaks are appropriate and necessary but try to build up a stamina, see how long you can actually stay at the

Study habits

- Review your notes after each class - you'll retain and understand information better when it's still fresh in your mind.
- Do weekly reviews of what you're learning and approach your professor or teaching assistant with issues as they crop up they'll be swamped near exam time and you'll get more out of the experience by speaking with them regularly.
- Make use of campus resources for studying and academic support. Counsellors can offer you some learning and study strategies you may not have tried before.
- Start studying at least one week before any midterm exam and at least two to three weeks in advance of a final exam to give yourself enough time to master the material.
- Convert all subheadings in a chapter into exam-type questions.
- Use cue-cards with prewritten topics and questions to quiz yourself.
- Mnemonics and acronyms do work - use whatever memory aid works best for you to remember challenging data.
- Have a routine the night before an exam. Check where the exam is being held, prepare a lunch or breakfast in advance and do something that helps you relax before you go to

task at hand," Hilton-Eddy

ALGONQUIN COLLEGE

GoJournalism invites you to sharé

Newsrooms and their staff are shrinking. And while Joe Banks doesn't believe community-funded reporting is the future of journalism, he does think of it as "an insur-ance policy for the public.

"Newspaper pages are shrinking," said Banks, a journalism professor at Algonquin College. "When you're an editor, you're going to cut the long, indepth stories that require a lot of investigation time and run the quick hit, court and crime stories

and high-level community stories, like light rail. But there are hundreds of stories that are going untold in the city," he said.

One month after Banks founded Algonquin's Go-Iournalism.ca website - a community-funded site that connects freelance journalists with investigative ideas and people interested in financing them the site has dozens of writers and ideas signed up.

It means stories the public wants to hear and jobs for journalists, but it could also help with tight newspaper freelance budgets, he said.

"I hope the mainstream media will pick these ideas up," he said.

TRACEY TONG/METRO OTTAWA

U of O opens its doors to Michaelle Jean

• Former Gov. Gen moving into new office as a UNESCO Special Envoy to work with officials to restore her native Haiti still recovering from quake



She may have cleaned out her desk at Rideau Hall, but Michaelle Jean will soon be busy at her new office at the University of Ottawa.

The former Governor General of Canada has been designated as UN-ESCO Special Envoy to Haiti by director general Irina Bokova.

Beginning later this year, Jean will lead a team inside Tabaret Hall at the U of O where she will work with officials responsible for education, culture, and science projects to restore her native Haiti, which is still recovering from the Jan. 12 earthquake.

"I will soon join the big United Nations family to take part in this reconstruction [of Haiti], [I'm] proud of our Canadian perspective and of our contribution.

"Moreover, although I will be working with UN-ESCO, whose headquarters are in Paris, I have chosen to work here primarily, and I thank the University

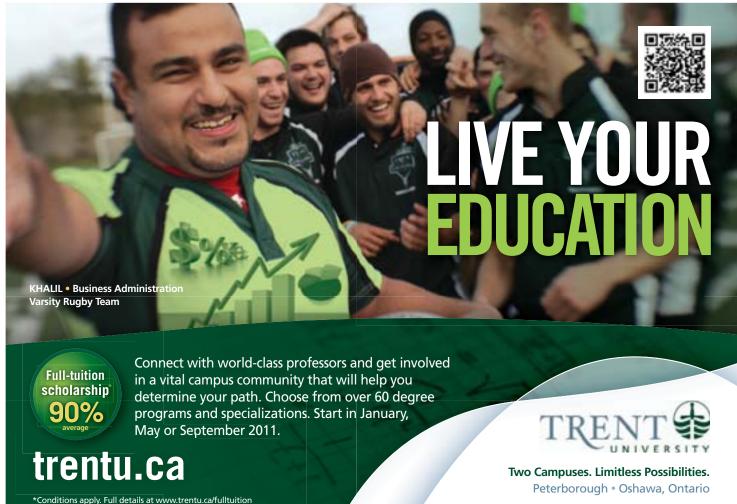
"I will soon join the big United Nations family to take part in this reconstruction [of Haiti] ... I have chosen to work here primarily, and I thank the University of Ottawa for offering me offices on its campus."

MICHAELLE JEAN

of Ottawa for offering me offices on its campus," wrote Jean in an open letter on her new Michaelle Jean Foundation website.

Jean has already built a strong relationship with UNESCO. Last October she addressed the Organization's Executive Board stressing the importance of dialogue between cultures and in March she travelled with Bokova to the UN-ESCO World Heritage site in Jacmel, Haiti, which was severely damaged in the quake.







New gig

Michaelle Jean's other job description will be cohead of the Michaelle Jean Foundation with her husband, Jean-Daniel Lafond.

The Ottawa-based founda-

tion is focused on youth empowerment and plans to use art and creativity to encourage Canadian youth to be more publicly engaged and to improve their well-being.

Prime Minister Stephen
Harper announced that
the Government of Canada

will contribute \$3 million initially to the foundation, and will match up to \$7 million raised privately. While she was Governor General, Jean had workshops to help youth

While she was Governor General, Jean had workshops to help youth across Canada who are either homeless or at risk of becoming homeless.







sports

Quoted



"Spit came out of my mouth when I said something to the dude, and that was it. It wasn't on purpose. I'm not that kind of player."

BALTIMORE RAVENS FULLBACK LE'RON MCCLAIN. THE DOLPHINS WANT HIM INVESTIGATED FOR WHAT THEY SAY WAS INTENTIONALLY SPITTING IN THE FACE OF LINEBACKER CHANNING CROWDER.

"As a man, you spit in somebody's face, you crossed the line. Where I'm from, that'll get you killed, straight up." DOLPHINS LINEBACKER KARLOS DANSBY



Historic day for women's hockey

• James, Granato blaze new path as first women inducted to the Hockey Hall of Fame

Thanks to Angela James and Cammi Granato, women are finally in the Hockey Hall of Fame.

But the breakthrough moment comes at a time when female players are still defending their game.

"It just comes with the territory because we're used to doing that, we're used to defending ourselves," Granato said yes-terday. "I had to defend myself from the time when I was in a rink when I was a little kid and people wondered, 'Why is she play-

"We just have to keep repeating ourselves over and over ... But this helps, I tell you, being here"

Some hockey observers had wondered if the day would ever come. But yesterday morning, James and Granato accepted their rings with former NHLer Dino Ciccarelli and builder Jim Devellano.

The late Daryl (Doc) Seaman, one of the founders of the Calgary Flames, was

also inducted.

The Hall of Fame established separate induction criteria for females this year, paving the way for James and Granato to receive plaques alongside the game's greats. It was a proud moment not only for both women, but for many others involved with the sport they love.

Just months ago, James was dismayed when International Olympic Commitpresident Jacques



Rogge sounded a warning bell about women's hockey during the Vancouver Games. Canada and the U.S. outscored their opposi-tion 88-4 during the Olympics, prompting Rogge to say: "We cannot continue without improve-

"I just don't understand why they have to justify themselves, how good they are," said James. "They've worked really hard to get to where they are, they've made a lot of sacrifices. We

"Having this committee and this Hall accept us really helps." CAMMI GRANATO

should just embrace it.

"Women's hockey is still in its infancy. We really have to understand that when men's hockey start-ed off, there were dominant countries and the other countries slowly picked up — no different than even today in the

The high point of Granato's career came while James was experiencing one of her most trying periods in the game. The Toronto native was left off the Canadian team when women's hockey made its debut at the 1998 Olympics in Nagano, an event where Granato and the U.S. team won gold with a victory over Canada.

Granato thinks James' omission played a big part in the American victory.
"We were shocked, ab-

solutely shocked, couldn't understand," said Granato. "She had been their clutch player forever. When you're going into the biggest tournament of your life, why wouldn't she be there? It's an advantage to Team USA right there and it's unfortunate for her because she had really trailblazed for so long and led her team for so long.

"It's just an injustice that she never got to be in an Olympics.'

THE CANADIAN PRESS

Ugly season costs Phillips his job with Cowboys

Wade Phillips was fired yesterday as coach of the Dallas Cowboys, with offensive co-ordinator Jason Garrett promoted to take his place. Garrett played for the

Ottawa Rough Riders in

Owner/general manager Jerry Jones decided enough was enough following a 45-7 loss to the Green Bay Packers the night before. It was the Cowboys' fifth straight loss, dropping 34-22

Phillips's record over 41/2 seasons guiding the Cowboys.

them to 1-7.

"We are grateful to Wade and his contribution to the Cowboys, leading us." Iones said. "We also clearly understand we are not where we want to be at this time, and that's an understatement. We share the

responsibility — all of us." This is the Cowboys' worst season since 1989 and among the worst in franchise history by record alone. Realistically, it's the low point considering Dallas was coming off a division title and a playoff win, and was expected to contend for the Super Bowl that'll be held at Cowboys Stadium.

THE ASSOCIATED PRESS

Sports in brief



Lee not in any rush to sign

MLB. Cliff Lee will be taking a slow approach to free agency. "We're just

gathering information. That's always the early stages of this process, agent Darek Braunecker said yesterday, a day after the former AL Cy Young Award winner became a free agent.

THE ASSOCIATED PRESS

Als president steps down

CFL. Montreal Alouettes president Larry Smith is stepping down.

The 59-year-old says he felt it was time for a change, both for him and for the club. THE CANADIAN PRESS

NHL

FACTERN	CONFEDENCE

		GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Str
	d-Washington	14	10	4	0	0	47	34	20	7-1-0-0	3-3-0-0	7-3-0-0	W
	d-Philadelphia	15	9	4	2	0	45	34	20	6-3-0-0	3-1-2-0	7-2-1-0	LI
	d-Montreal	14	8	5	1	0	34	33	17	3-3-1-0	5-2-0-0	6-4-0-0	LI
	Tampa Bay	13	7	4	2	0	39	39	16	3-1-1-0	4-3-1-0	4-4-2-0	L3
	Boston	11	7	3	0	1	33	20	15	2-2-0-1	5-1-0-0	7-2-0-1	La
	NY Rangers	14	7	6	1	0	38	38	15	2-4-1-0	5-2-0-0	6-4-0-0	LI
	Ottawa	14	7	6	1	0	36	40	15	4-3-0-0	3-3-1-0	6-4-0-0	W3
	Atlanta	14	6	5	1	2	44	51	15	2-3-0-1	4-2-1-1	4-3-1-2	LZ
	Pittsburgh	15	7	7	1	0	43	39	15	2-4-0-0	5-3-1-0	5-4-1-0	W1
	Carolina	14	7	7	0	0	42	44	14	3-2-0-0	4-5-0-0	5-5-0-0	W1
	Toronto	13	5	5	1	2	31	34	13	3-3-1-1	2-2-0-1	2-5-1-2	LS
	Florida	12	5	7	0	0	36	33	10	3-2-0-0	2-5-0-0	5-5-0-0	L1
	NY Islanders	14	4	8	1	1	35	50	10	2-2-0-1	2-6-1-0	3-7-0-0	L7
	Buffalo	15	4	9	2	0	37	48	10	0-6-1-0	4-3-1-0	3-6-1-0	W1
	New Jersey	15	4	10	1	0	25	48	9	0-5-1-0	4-5-0-0	3-7-0-0	L1
WESTERN CONFERENCE													
		GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strl

d-St. Louis	12	9	1	1	1	32	18	20	6-0-0-0	3-1-1-1	7-1-1-1	W7
d-Los Angeles	13	10	3	0	0	39	26	20	6-0-0-0	4-3-0-0	8-2-0-0	W4
d-Vancouver	13	8	3	0	2	40	32	18	6-0-0-1	2-3-0-1	7-2-0-1	W6
Detroit	13	9	3	0	1	42	34	19	5-1-0-1	4-2-0-0	6-3-1-0	W1
Chicago	17	8	8	1	0	50	51	17	4-4-0-0	4-2-1-0	4-6-0-0	L1
Minnesota	13	7	4	0	2	32	30	16	5-3-0-1	2-1-0-1	6-3-0-1	W3
Dallas	13	8	5	0	0	43	37	16	5-3-0-0	3-2-0-0	5-5-0-0	L1
Columbus	13	8	5	0	0	32	32	16	4-4-0-0	4-1-0-0	7-3-0-0	L1
Colorado	13	7	5	1	0	45	42	15	3-3-0-0	4-2-1-0	5-4-1-0	W1
Anaheim	15	7	7	0	1	40	50	15	5-1-0-1	2-6-0-0	6-4-0-0	W3
San Jose	12	6	4	2	0	34	30	13	3-2-1-0	3-3-0-0	5-5-0-0	W1
Nashville	13	5	5	3	0	31	38	13	2-1-3-0	3-4-0-0	2-5-3-0	L5
Phoenix	14	4	5	4	1	35	55	13	2-2-2-1	2-3-2-0	3-3-3-1	L3
Calgary	13	6	7	0	0	35	38	12	4-4-0-0	2-3-0-0	5-5-0-0	L4
Edmonton	12	4	6	0	2	34	41	10	2-4-0-0	2-2-0-2	2-6-0-2	W1

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$

Last night's result Detroit 3 Phoenix 2 (OT) Sunday's results Edmonton 2 Chicago 1 Anaheim 5 Nashville 4 St. Louis 2 N.Y. Rangers 0 Washington 3 Philadelphia 2 (OT) Saturday Results Ottawa 3 Montreal 2 Vancouver 6 Detroit 4 Vancouver 6 Detroit 4 Buffalo 3 Toronto 2 (SO) Carolina 3 Florida 2 Chicago 5 Atlanta 4 (SO) Colorado 5 Dallas 0 Los Angeles 4 Nashville 1

Minnesota 3 Columbus 2 Philadelphia 2 N.Y. Islanders 1 Pittsburgh 4 Phoenix 3 (SO) San Jose 5 Tampa Bay 2 St. Louis 2 Boston 1 (SO) Tonight's games

(All times Eastern) (All times Eastern)
Washington at N.Y. Rangers, 7 p.m.
Edmonton at Carolina, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Atlanta at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Calgary at Colorado, 9:30 p.m.
Anaheim at San Jose, 10:30 p.m.

SCORING LEADERS

SCURING LEADERS				Ribeiro, Dal	0	
	G	Α	PT	Alfredsson, Ott	6	
amkos, TB	11	11	22	Neal, Dal	5	
sby, Pgh	9	10	19	Stoll, LA	5	
chkin, Wash	8	10	18	Skinner, Car	5	
Richards, Dal	6	12	18	Cullen, Minn	3	
arp, Chi	10	7	17	Leino, Pha	3	
elanne, Ana	7	10	17	Wisniewski, NYI	2	
etzlaf, Ana	6	11	17	Keith, Chi	1	
riksson, Dal	9	7	16	Hossa, Chi	7	
Sedin, Vcr	9	7	16	MacArthur, Tor	7	
Stewart, Col	9	7	16	Horton, Bos	6	
Sedin, Vcr	2	14	16	E.Staal, Car	6	
emin, Wash	9	6	15	J.Carter, Pha	5	
eatley, SJ	6	9	15	Plekanec, MtI	5	
Kane, Chi	6	9	15	Kopitar, LA	4	
erry, Ana	5	10	15	Anisimov, NYR	3	
Thornton, SJ	5	10	15	Morrison, Cal	3	
ubinsky, NYR	10	4	14	Duchene, Col	2	
roux, Pha	7	7	14	Enstrom, Atl	2	
y, Buf	7	7	14	Liles, Col	0	
atsyuk, Det	6	8	14	R.Bourque, Cal	7	
. Louis, TB	6	8	14	Kostitsyn, Mtl	6	
Williams, LA	6	8	14	Moulson, NYI	6	
ejduk, Col	5	9	14	Booth, Fla	5	
/an, Ana	5	9	14	Lucic, Bos	5	
oews, Chi	5	9	14	Halpern, Mtl	4	
ackstrom, Wash	4	10	14	Hemsky, Edm	4	
etterberg, Det	3	11	14	Malhotra, Vcr	4	
idstrom, Det	1	13	14	Malkin, Pgh	4	
larleau, SJ	6	7	13	Gonchar, Ott	2	
yfuglien, Atl	5	8	13	Kreici, Bos	2	
.Stastny, Col	5	8	13	Peverley, Atl	2	
allahan, NYR	4	9	13	Edler, Vcr	ī	
add, Atl	4	9	13	Oshie, StL	1	
1.Koivu, Minn	3	10	13	Whitney, Edm	0	
etang, Pgh	3	10 10	13 13	E.Kane, Atl	7	
1.Richards, Pha						

NBA

EASTERN CONFERENCE

ATLANTIC DIVIS	SION			
Boston	W	L 1	Pct .857	GB —
New York	3	3	.500	21/2
New Jersey	2	4	.333	31/2
Philadelphia Toronto	2	5	.286	4
		-	.143	,
SOUTHEAST DIV	VISION			
Orlando	5	1	.833	-
Atlanta	6	2	.750	_
Miami	5	2	.714	1/2
Washington	1	4	.200	31/2
Charlotte	1	6	.143	41/2
CENTRAL DIVIS	ION			
Cleveland	3	3	.500	-
Chicago	2	3	.400	1/2
Indiana	2	3	.400	1/2
Detroit	2	5		11/2
Milwaukee	2	5	.286	11/2

WESTERN CONFERENCE

SOUTHWEST D	IVISION	ı		
	W	L	Pct	GB
New Orleans	6	0	1.000	_
San Antonio	5	1	.833	1
Dallas	3	2	.600	21/2
Memphis	3	4	.429	31/2
Houston	1	5	.167	5
NORTHWEST D	IVISION	ı		
Denver	4	2	.667	_
Portland	5	3	.625	_
Oklahoma City	3	3	.500	1
Utah	3	3	.500	1
Minnesota	1	6	.143	31/2
PACIFIC DIVISION	NC			
I Δ Lakers	7	Ω	1.000	_

.714 .500 .500

Sacramento L.A. Clippers Last night's results San Antonio 95, Charlotte 91 Orlando 93, Atlanta 89

Golden State

Phoenix

Golden State 109. Toronto 102 Golden State 109, Toronto 102
Denver at Chicago
Phoenix at Memphis
Boston at Dallas
Sunday's results
Philadelphia 106, New York 96
Phoenix 118, Atlanta 114
Detroit 102, Golden State 97
Houston 120, Minnesota 94
Roston 92, Oklahoma Cith 83

Boston 92, Oklahoma City 83 L.A. Lakers 121, Portland 96 Tonight's games (All times Eastern)

(All times Eastern)
Denver at Indiana, 7 p.m.
Cleveland at New Jersey, 7 p.m.
Utah at Miami, 7:30 p.m.
New York at Milwaukee, 8 p.m.
L.A. Clippers at New Orleans, 8 p.m.
Detroit at Portland, 10 p.m.
Minnesota at L.A. Lakers, 10:30 p.m.

WARRIORS 109, RAPTORS 102

WARRIORS 109, RAPTORS 102
60LDEN STATE (109)
D.Wiright 1-54-47, Lee 6-11.2-214, Biedrins 450-28, Curry 12-21.8-834, Ellis 10-177-928,
B.Wright 4-8 or 18, Lin 0-2-3-43, Carney 2-3005, Williams 0-12-22, Radmanovic 0-10-0.
Totals 39-74 26-32 107
TORONTO (102)
Kleiza 8-16.2-420, Evans 0-2-0-0, Bargnani
5-10-0-11, Jack, 7-13-9-10.24, DeRozan 4-8-008, Andersen 3-6-2-28, Barbosa 3-81-2-7,
Calderon 0-4-0-00, Johnson 3-7-6-712,
Weems 5-9-2-21. Totals 3-83-82-27-7102. Weems 5-9 2-2 12. Totals 38-83 22-27 102.

Golden State 26 29 29 25 109 Toronto 19 22 31 30 102 3-Point Goals—Golden State 5-16 (Curry 2-4, 3-Point Goals—Golden State 5-16 (Curry 2-4, Carmey 1-2, Elis 1-3, D.Wright 1-4, Lin 0-1, Radmanovic 0-1, Williams 0-1), Toronto 4-14 (Kleiza 2-7, Bargnani 1-1, Jack 1-3, Andersen 0-1, Barbosa 0-2). Fouled Out—Lee. Rebounds—Golden State 50 (Lee 12), Toronto 1 (Kleiza 7). Assists—Golden State 50 (Lee 12), Toronto 19 (Jack 8). Total Fouls—Golden State 26, Toronto 23. Technicals—Foronto defensive three second. A—14,127 (19,800) at Toronto.

GOLF

MODED COLEDANIZING

	NKING
THROUGH NOV. 7	
1. Lee Westwood	Eng
Tiger Woods Martin Kaymer	USA Ger
4. Phil Mickelson	USA
5. Steve Stricker	USA
6. Jim Furyk	USA
7. Paul Casey	Eng
8. Luke Donald 9. Rory McIlroy	Eng NIr
10. Graeme McDowell	NIr
11. Matt Kuchar	USA
12. Ernie Els	SAf
13. Dustin Johnson	USA
14. Francesco Molinari 15. Ian Poulter	Ita Eng
16. Hunter Mahan	USA
17. Edoardo Molinari	Ita
18. Retief Goosen	SAf
19. Zach Johnson	USA
20. Padraig Harrington 21. Robert Allenby	Irl Aus
22. Louis Oosthuizen	SAf
23. Anthony Kim	USA
24. Bubba Watson	USA
24. Bubba Watson 25. Justin Rose 26. Miguel Angel Jimenez	Eng
26. Miguel Angel Jimenez 27. Ross Fisher	Esp Eng
28. Rickie Fowler	USA
29. Nick Watney	USA
30. Camilo Villegas	Col
31. Tim Clark	SAf
32. Sean O'Hair 33. Charl Schwartzel	USA SAf
34. Jason Day	Aus
35. Ben Crane	USA
36. Robert Karlsson	Swe
37. Y.E. Yang 38. Geoff Ogilvy	Kor
39. Peter Hanson	Aus Swe
40. Kim Kyung-Tae	Kor
41. Adam Scott	Aus
42. Ryan Moore	USA
	USA
43. Bo Van Pelt	
44. Stewart Cink	USA
44. Stewart Cink 45. K.J. Choi 45. Ryo Ishikawa	USA Kor Jpn
44. Stewart Cink 45. K.J. Choi 45. Ryo Ishikawa	USA Kor Jpn Swe
44. Stewart Cink 45. K.J. Choi 45. Ryo Ishikawa 47. Henrik Stenson 48. Martin Laird	USA Kor Jpn Swe Sco
44. Stewart Cink 45. K.J. Choi 45. Ryo Ishikawa 47. Henrik Stenson 48. Martin Laird 49. Lucas Glover	USA Kor Jpn Swe Sco USA
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SOCCER

SPAIN

LA LIGA

Yesterday's result Sevilla 2, Valencia 0

MLS PLAYOFFS

EASTERN CONFERENCE CHAMPIONSHIP San Jose at Colorado, 9:30 p.m.
WESTERN CONFERENCE CHAMPIONSHIP

Sunday's game FC Dallas at Los Angeles, 9 p.m.

BASEBALL

MLB

LEAGUE OFFICE—Announced Tohoku Rakuten (Japan Pacific League) has accepted Oakland's bid for the negotiating rights to RHP Hisashi

TRANSACTIONS

AMERICAN LEAGUE

DETROIT TIGERS—Agreed to terms with SS Jhonny Peralta on a two-year contract. TORONTO BLUE JAYS—Named Don Wakamatsu bench coach, Dwayne Murphy hitting coach, Torey Lovullo first-base coach and Pat Hentgen bullpen coach.

NATIONAL LEAGUE

NEW YORK METS—Named Paul DePodesta vice president, player development and ama-teur scouting. PITSBURGH PIRATES—Agreed to terms with

LHP Justin Thomas on a minor league con AMERICAN ASSOCIATION

GARY SOUTHSHORE RAILCATS—Acquired INF Brian Kolb from Evansville (Frontier) to complete an earlier trade.

FOOTBALL

NFI

4.07 4.03 3.91 3.85 3.83

3.57

3.11

3.10 3.05 3.04 3.01

CINCINNATI BENGALS—Signed DT Clinton McDonald from the practice squad. Waived CB Rico Murray.

DALLAS COWROYS—Fired coach Wade Phillips. Promoted offensive coordinator Jason Garrett to head coach. GREEN BAY PACKERS—Released CB AI Har-

ris.
KANSAS CITY CHIEFS—Signed LB Derrick
Johnson to a five-year contract extension.
WASHINGTON REDSKINS—Placed S Chris
Horton on injured reserve.

SOCCER

BALTIMORE BLAST—Signed D Pat Morris and 6 Nick Hovaker. Acquired F Worteh Sampson from Missouri for future considerations.

HOCKEY

CHICAGO BLACKHAWKS—Assigned F Jeremy Morin to Rockford (AHL). MONTREAL CANADIENS—Waived F Dustin

Boyd. NEW JERSEY DEVILS—Placed LW Zach Parise on injured reserve. Activated D Matt Corrente from injured reserve. Recalled RW Mattias

from injured reserve. Recalled RW Mattias Tedenby from Albany (AHL). NEW YORK RANGERS—Assigned F Evgeny Grachev to Harfrod (AHL). OTTAWA SENATORS—Reassigned F Zack Smith to Binghamton (AHL). STLOUIS BLUES—Assigned F Nick Drazenovic to Peoria (AHL). TAMPA BAY LIGHTNING—Named Martha Fuller risking flongial officer.

Fuller chief financial officer.

AHL

2.09 2.05 2.04 2.02 2.02 2.00 1.96

CHICAGO WOLVES—Reassigned D Dave Phillips to Toledo (ECHL). Central Hockey

LAREDO BUCKS—Traded F Matt Robinson to Wichita for future considerations. Signed F

Parryl Smith.
RIO GRANDE VALLEY KILLER BEES—Placed F
Greg Holt on waivers. Signed F Ryan McLeod
and F Anton Kharin.
TULSA OILERS—Placed F Jason Weeks on

CFL

WEEK 20

PLAYOFFS

East Division
Toronto at Hamilton, 1 p.m.
West Division
B.C. at Saskatchewan, 4:30 p.m.

EAST

AMERICAN CONFERENCE

	W	L	T	Pct	PF	PA
N.Y. Jets	6	2	0	.750	182	130
New England	6	2	0	.750	219	188
Miami	4	4	0	.500	143	175
Buffalo	0	8	0	.000	150	233
SOUTH						
	W	L	T	Pct	PF	PA
Tennessee	5	3	0	.625	224	150
Indianapolis	5	3	0	.625	217	168
Jacksonville	4	4	0	.500	165	226
Houston	4	4	0	.500	193	226
NORTH						
	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	175	139
Pittsburgh	5	2	0	.714	147	102
Cleveland	3	5	0	.375	152	156
Cincinnati	2	5	0	.286	146	163
WEST						
	W	L	Т	Pct	PF	PA
Kansas City	5	3	0	.625	183	145
Oakland	5	4	0	.556	235	188
San Diego	4	5	0	.444	239	197
Denver	2	6	0	.250	154	223

NATIONAL	.CO	NF	ERE	NCE		
EAST						
	W	L	Т	Pct	PF	P
N.Y. Giants	6	2	0	.750	216	16
Philadelphia	5	3	0	.625	198	18
Washington	4	4	0	.500	155	17
Dallas	1	7	0	.125	161	23
SOUTH						
	W	L	Т	Pct	PF	P
Atlanta	6	2	0	.750	196	15
New Orleans	6	3	0	.667	201	15
Tampa Bay	5	3	0	.625	157	19
Carolina	1	7	0	.125	88	18
NORTH						
	W	L	Т	Pct	PF	P
Green Bay	6	3	0	.667	221	14
Chicago	5	3	0	.625	148	13
Minnesota	3	5	0	.375	156	16
Detroit	2	6	0	.250	203	18
WEST						
St. Louis	4	4	0	.500	140	14
Seattle	4	4	0	.500	130	18
Arizona	3	5	0	.375	157	22
San Francisco	2	6	0	.250	137	17

WEEK NINE

WEEK NINE

Byes: Denver, Jacksonville, San Francisco, St.
Louis, Tennessee, Washington

Last night's result

Pittsburgh at Cincinnat!

Yesterday's results

Atlanta 27 Tampa Bay 21

Baltimore 26 Milami 10

Cleveland 34 New England 14

Minnesota 27 Arizona 24 (OT)

New Orleans 34 Carolina 3

N.Y. Glants 41 Seattle 7

N.Y. Jets 23 Detroit 20 (OT)

Oaldand 28 Kansas City 20 (OT)

Philadelphia 26 Indianapolis 24

San Diego 29 Houston 23

Green Bay 45 Dallas 7

At Toronto

Chicago 22 Burfalo 19

WEEK 10

WFFK 10

Byes: Green Bay, New Orleans, Oakland, San Diego

Byes: Green Bay, New Orleans, Oakland Diego (All times Eastern) Thursday's game Baltimore at Atlanta, 8:20 p.m. Sunday, Nov. 14 Minnesota at Chicago, 1 p.m. Tennessee at Miami, 1 p.m. Detroit at Burffalo, 1 p.m. Houston at Jacksonville, 1 p.m. N.Y. Jets at Cleveland, 1 p.m. Carolina at Tampa Bay, 1 p.m. Carolina at Tampa Bay, 1 p.m. Kansas City at Denver, 4:05 p.m. Dallas at N.Y. Giants, 4:15 p.m. Seattle at Arizona, 4:15 p.m. Seattle at Arizona, 4:15 p.m. New England at Pittsburgh, 8:20 p.m. Monday, Nov. 15 Philadelphia at Washington, 8:30 p.m.

NEW Crossword and Suduko updated daily.







Crossword

- 1 Typeface option 5 Coll. transcript no.
- 8 Afrikaner
- 12 Unsigned (Abbr.)
- 13 Antiquated
- 14 Busy with
- 15 Imaginary objects
- of fear
- 17 Weaponry
- 18 Donkey
- 19 Allow
- 20 English composition
- 21 Pleasure
- 22 PC peripheral con-
- nection
- 23 Molded jelly
- 26 Investigation
- 30 moss 31 Chinese chairman
- of yore 32 Zilch
- 33 Kodak inventor George
- 35 Karenina and
- Kournikova
- 36 Dine on
- 37 Hobbyist's abbr.
- 38 Tusk material
- 41 Scarlet
- 42 "Eureka!" 45 Branch
- 46 Virus that withstands medication
- 48 Stead
- 49 Favorite
- 50 Christmas
- 51 Vocalize
- 52 Blond shade
- 53 Greek vowels

Down

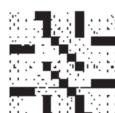
1 Ali -

16 ш ..ŀ ·iII i'I

- 2 Responsibility 3 Fireplace supply
- 4 Genetic evidence 5 Viscous
- 6 Contrive
- 7 Billboards
- 8 Fudd foe 9 Piece of work
- 10 Sicilian spouter 11 Optimistic
- 16 United nations 20 Barrister's title
- (Abbr.) 21 Jazzy two-step
- 22 Popular card game
- 23 Mimic 24 Caribbean, e.g.
- 25 de deux

- 26 Author Flemina
- 27 Charged bit
- 28 Cousin of 4-Down 29 "Of course"
- 31 Wrestling surface
- 34 Spring month
- 35 Staffer
- 37 Profundity 38 Woes
- 39 Henry
- 40 Portent 41 Wishes otherwise
- 42 Touch
- 43 Hawaiian dance
- 44 Census statistics
- 46 Resort
- 47 "Catcher in the —'

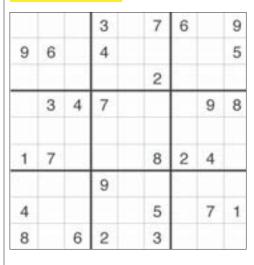
➤ Yesterday's answer



For today's crossword answers and for

expanded horoscopes, go to metronews.ca

Sudoku



How to play

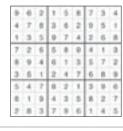
Today

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

10"/-1"

Partly cloudy



Wednesday

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Alysha, you're optimistic, fun, kind and beautiful, You remind me of who I strive to be. When you fall asleep on my shoulder, I wish time wouldn't go so fast. Can't wait for tonight, ~ DAVID

Da Bunny, My beautiful sweet one, I belong to you. Your essence, energy, spirit & love are as amazing as the morning sun. I'll love you alwiz. ROOSTER.

Happy Birthday to Tatiana (TK) — best mom in the world. Your contagious enerav is inspirina to everyone! Wishing you all the best on your special day! LOVE, MARINA, SERGE, SID

Panda, our horoscopes say we were made for each other! You make me deliriously and hopelessly in love and my heart has now cosmic-supernova grown for you. YOUR PINK FLAMINGO

PROUD TO BE ONE OF CANADA'S 50 BEST MANAGED COMPANIES.

OThe Woother Network, 201

ERESE D S

Today's horoscope

T Aries March 21-April 20

Have as much fun as you can handle today and don't feel in the least bit guilty about it. You will enjoy yourself more if you go out with friends than if vou stav close to home.

¥ Taurus April 21-May 21 Even if you are the kind of Taurus who prefers to keep your feelings under wraps you will open your heart to the world today. Others won't laugh at

II Gemini May 22-June 21 If opposites really do attract you will find yourself getting along with someone today who, on the surface, is about as different to you as chalk is to cheese. In fact you are two

parts to a single whole.

Gancer June 22-July 22

Sometimes your old-fashioned way of doing things works in your favor and sometimes it doesn't, but today it is much more likely to be the former.

Ω Leo July 23-Aug.23 You feel like you could take on the world and win, and maybe you could, but don't scatter your energy in all directions when there is one specific task that needs to be done.

MP Virgo Aug. 24- Sept. 22 What happens today may take you by surprise but if you think about it you will realize you have been through similar situations on numerous previous occasions, so why worry? There really is nothing new under the sun.

← Libra Sept. 23-Oct. 23 No

matter how many things have gone wrong in the past everything will go right for you today, especially socially where, for one reason or another, you have not been at your best in recent weeks.

M Scorpio Oct. 24-Nov. 22 Stay calm and use logic, rather than emotion to solve a problem that has defeated many good people. The trick is to see what is actually there, rather than what you want to see.

Nov. 23-Dec. 21 Mercury in your sign will help you think and see clearly. Others will be amazed at how quickly you reach the correct decision and will see you as some kind of guru.

り Capricorn Dec. 22-Jan. 20

A more introvert phase has begun and you have no desire to spend your valuable time partying or pursuing aims that are ultimately self-defeating.

Aquarius Jan. 21-Feb. 18 You don't have to defend your beliefs against people who seem to delight in knocking down dreams they don't understand. If you are happy with what you see as the truth that's all that matters.

H Pisces Feb. 19-March 20

Mercury, planet of communication, is moving through the career area of your chart, so if you need to reach out to bosses and other important people now is as good a time as any. SALLY BROMPTON



WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.







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AIR CANADA 🏶 VACATIONS

Deals of the



GRAND CAYMAN via Toronto

Comfort Suites and Resort • 3 ★

Continental breakfast • Studio Nov. 17, 24 & Dec. 1, 8 • 1 wk.

+Taxes & other fees: \$206

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite Jan. 8-29 • 1 wk.

ANTIGUA via Montreal

St. James's Club & Villa • 4★

All-Inclusive • Club rm.

USA



CUBA

Santa Clara Roval Hideaway Ensenachos • 5 ★

All-Inclusive Royal spa premium rm. Jan. 9, 16 & 23 • 1 wk.

+Taxes & other fees: \$149 Departure tax: 25 CUC cash, paid locally

Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm.

Departure tax: 25 CUC cash, paid locally

COSTA RICA

Liberia via Montreal

Occidental Grand Papagayo • 4 1/2 ★

All-Inclusive • Deluxe rm. Dec. 20 • 1 wk.

New Orleans via Toronto

Holiday Inn Downtown Superdome • 3★

Double king size bed rm. Dec. 13 & 15 • 3 nts.

\$629

Holiday Inn Downtown Superdome • 3★ Double king size bed rm.

Dec. 6 & 7 • 3 nts.

\$689 +Taxes & other fees: \$138

\$699

+Taxes & other fees: \$150

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm. Jan. 22 • 1 wk.

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive Traditional standard rm. Dec. 25 • 1 wk.

TURKS & CAICOS

The Sands at Grace Bay • 4★

Studio courtyard Jan. 10 & 17 • 1 wk.

CRUISE

Celebrity Cruises² Celebrity SummitSM

Southern Caribbean Cruise Flight to San Juan via Toronto Interior stateroom, cat. 10 Jan. 15 • 1 wk.



THE VENETIAN & THE PALA770

USA

Las Vegas via Montreal

The Venetian • 5 ★

Continental breakfast • Venezia bella suite Dec. 14 • 3 nts.

The Palazzo Resort, Hotel & Casino • 5 ★

Luxury suite Dec. 14 • 3 nts.

\$**699**

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